

Trashed

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Thrown Out Of Love - Jason McCoy



SIDE & SIDE & ROCK STEP, COASTER STEP, STEP-½ TURN

1& Point right toe to right side, step right next to left
2& Point left toe to left side, step left next to right
3-4 Step forward on right, rock weight back onto left
5&6 Step back on right, step left next to right, step forward on right
7-8 Step forward on left, pivot ½ turn right

SHUFFLE FORWARD, FULL TURN FORWARD, ROCK STEP, COASTER STEP

1&2 Step forward on left, step right next to left, step forward on left
3-4 ½ turn left stepping back on right, ½ turn left stepping forward on left (alt: walk forward on right, walk forward on left)
5-6 Step forward on right, rock weight back onto left
7&8 Step back on right, step left next to right, step forward on right

CROSS ROCK, CHASSE, CROSS ROCK, CHASSE ¼ TURN

1-2 Cross left over right, rock weight back onto right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Cross right over left, rock weight back onto left
7&8 Step right to right side, step left next to right, step right ¼ turn right

STEP-¼ TURN, CROSS SHUFFLE, ½ HINGE TURN, CROSS & ¼ TURN

1-2 Step forward on left, pivot ¼ turn right
3&4 Cross left over right, step right to right side, cross left over right
5-6 ¼ turn left stepping back on right, ¼ turn left stepping left to left side
7&8 Cross right over left, rock weight onto left, step right ¼ turn right

STEP-TOUCH, & HEEL & TOUCH, MODIFIED MONTEREY TURN

1-2 Step forward on left, touch right toe behind left heel
&3 Step back on right, touch left heel forward
&4 Step left next to right, touch right toe next to left
5-6 Point right toe to right side, ½ turn right stepping right next to left
7&8 Step left to left side, rock weight onto right, step left next to right

STEP-TOUCH, & HEEL & TOUCH, STEP-½ TURN, SHUFFLE FORWARD

1-2 Step forward on right, touch left toe behind right heel
&3 Step back on left, touch right heel forward
&4 Step right next to left, touch left toe next to right
5-6 Step forward on left, pivot ½ turn right
7&8 Step forward on left, step right next to left, step forward on left

REPEAT